

Cheerios

909576 - General Mills Honey Nut Cheerios

A sweetened twist on the classic cereal, Honey Nut Cheerios(TM) is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criter...



MARKETING

Classic and long time favorite, Honey Nut Cheerios are gluten free and made with whole grain.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. Gluten free and gelatin free. Kosher. Contains no artificial flavors and no colors from artificial sources.. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain-rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

96 Servings per container

Serving Size1 bowl

Amount Per Serving

Calories110

% Daily Value*

Total Fat 1.5 g2%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 160 mg7%

Total Carbohydrates 23 g8%

Dietary Fiber 2 g8%

Total Sugars 9 g

Includes 9 g Added Sugars18%

Protein 2 g

Vitamin D 3 mcg15%

Calcium 90 mg6%

Iron 2.7 mg15%

Potassium 110 mg2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
11918000	909576	10016000119182	96/1 OZ

Brand	Brand Owner	GPC Description
Cheerios	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.200 LBR	6.00 LBR	No	United States	Yes	No

Shipping

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	14.120 INH	1.77900 FTQ	9x7	312 Days	32 FAH / 95 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - 30

Eggs - 30

Soy - 30

Wheat - 30

Sesame - 30

Peanuts - 30

Tree Nuts - C

Fish - 30

Shellfish - NI

SERVING SUGGESTIONS

One Bowlpak

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	110	Total Fat	1.5 g	Sodium	160 mg
Protein	2 g	Trans Fat	0 g	Calcium	90 mg
Total Carbohydrates	23 g	Saturated Fat	0 g	Iron	2.7 mg
Sugars	9 g	Added Sugars	9 g	Potassium	110 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg	Thiamin	
Vitamin A (IU)		Vitamin D	3 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



MSG	FREE_FROM	FIBRE	GOOD_SOURCE_OF	CHOLESTEROL	LOW
TRANS_FAT	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	IRON	GOOD_SOURCE_OF
ENERGY	SOURCE_OF	SATURATED_FAT	LOW	CHOLESTEROL	FREE_FROM
IRON	EXCELLENT_SOURCE_OF	VITAMIN_D	GOOD_SOURCE_OF	VITAMIN_D	EXCELLENT_SOURCE_OF
ARTIFICIAL_FLAVOUR	FREE_FROM	FAT	LOW	GLUTEN	FREE_FROM
CALCIUM	GOOD_SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM	KOSHER	YES
FREE_FROM_GLUTEN	YES				

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